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NEWS
WORTH
SHARING.Discover
new music
first'STILL PART
OF UKRAINE'Haligonians from the
country protest Crimea's
referendum **PAGE 3**

For the national story:

PAGE 8

Walkin' on air

And can you blame him? Rick Ross'
newest album, Mastermind, hit
No. 1 on the Billboard 200 after its
March 3 release. **PAGE 15**Youth leaving the
island in drovesFactors like a lack of nightlife and the
lure of the West have claimed a
rising number of Cape Breton's
young people **PAGES 6 & 7**

NO GOLD, BUT SILVER LINING

Jocelyn LaRocque, front, of the Windsor Lancers, blocks and fouls Rachel Coward of the Saint Mary's Huskies in the gold-medal game at the CIS women's national basketball championship Sunday in Windsor, Ont. The Huskies, who went into the game without a loss all season, lost 71-45 against the three-time defending champions. The silver medal is the Huskies' best-ever finish at nationals.

Story, see page 21. DAVE CHIDLEY/THE CANADIAN PRESS

Pedestrian
safety on
tap againFirst step. Council to
discuss new report

Serious issue

56

The number of pedestrians hit by vehicles
in the Halifax Regional Police jurisdiction
this year. Of those, 36 were in crosswalks.RUTH
DAVENPORT
ruth.davenport@metronews.caHalifax regional council will
debate a report this week that
one councillor says marks the
first step towards a concerted,
co-ordinated strategy on pedes-
trian safety in HRM.Coun. Steve Craig tabled a
motion in January 2013 asking
for a Pedestrian Safety Action
Plan, which will be delivered to
council on Tuesday."Now we've got a report
that looks at and provides focus
that wasn't there before," he
said.Craig noted in 2012, coun-
cil hadn't even reviewed the
report from a provincial cross-
walk safety task force formed
in 2007. The new action plan
examines pedestrian safety in-
itiatives underway by HRM de-partments and police related to
engineering, education and en-
forcement, highlighting chan-
ges such as the revised tracking
of pedestrian accidents by Hali-
fax Regional Police.Craig said it's all helping
"move the yardstick" towards
reducing pedestrian collisions."People will still do dumb
things, equipment will still
fail," he said. "Personal safety
and responsibility is key here,
and then the administration
and elected official responsibil-
ity to help ensure that things
are as good as we can make
them on our side of the house."Two more pedestrians were
hit over the weekend, but there
were no serious injuries.ACE
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Crisis could have global consequences: Rally leader

Controversial referendum. Ukrainians living in HRM raise awareness of what's happening in Crimea



RUTH DAVENPORT
ruth.davenport@metronews.ca

A small group of Ukrainians living in HRM held a rally in Dartmouth Sunday to oppose Russian military action in Crimea, saying it's in everyone's best interests — but especially Canada's — to rein in Russian president Vladimir Putin.

"The less resistance (Putin) feels, the more dangerous he becomes to the world," said spokesperson Denys Khaperskyy. "In Canada, we shouldn't forget the polar regions that Russia has already said they would like to have a stake in there and I think we should really, as Ukrainian and Canadians ... take heed of what's happening."

Show of solidarity

"Ukrainians and Canadians have very strong ties."

Rally spokesperson Denys Khaperskyy

About 20 people came to the rally on the Macdonald Bridge, waving Ukrainian flags and holding signs denouncing the recent Russian incursion into the Crimean peninsula.

Crimean residents — 58 per cent of whom are ethnic Russian — reportedly voted to rejoin their former governing state Sunday in a referendum that Ukrainian and Western leaders have declared illegal.

Rally participant Marina Blokhina, a native of Kharkov in northeast Ukraine, said she was gratified by Canada's swift support of the new Ukrainian government, and Prime Minister Stephen Harper's decision to visit Kyiv this week.

But she said she attended the rally to show support for



A man holding his son at Sunday's pro-Ukraine rally on the Macdonald Bridge. MELISSA HEALD/FOR METRO

the friends and family still in Ukraine who are facing the real threat of armed conflict.

"We're still part of Ukraine and we want to show our support somehow to people there," she said. "We hope they get all

these pictures and everything so they will feel stronger.... They need to be strong."

Several drivers honked in support as they passed the rally, and Khaperskyy said he hoped there'd never be a need for the

moral support to become military reinforcement.

"For now, keeping us in your prayers and try to pressure Russia diplomatically and economically would be a good support for us," he said.

Skaters blade it up one final time on oval



There were plenty of skaters on the Emera Oval on Sunday afternoon. MELISSA HEALD/FOR METRO

It was cold. It was windy. But that didn't stop many from enjoying their last chance to skate on the Emera Oval on Sunday.

Lisa MacNeil from Dartmouth looks forward to the outdoor rink on the Halifax Common being opened each winter.

"It's a little break to get outside and enjoy the outdoors and the sunshine," MacNeil said during a break

from skating on what was a sunny Sunday afternoon. "It's great."

The Brown family from Dartmouth agreed and made the trip over to take advantage of the final day.

Holly Brown said being outside, skating, and meeting up with friends is what she enjoys the most.

Her husband, Phil, agreed, saying it's a great way to be social.

Winter hot spot

Tens of thousands of skaters use the oval each year. The skating season runs from late December to mid-March.

Their sons Reid, 12, and Lachlan, 10, both liked the chance to be outside too. Reid added he didn't mind how

gusty it was because the wind helped push him along the ice.

But what should be done with the oval space once the snow is melted?

Ashley McKillop of Lower Sackville wants a trail for rollerbladers.

"We like to rollerblade and there isn't a lot of places to do rollerblading," she said. "It would be a cool place to come." MELISSA HEALD/FOR METRO



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1 NEWS

Shamrock flow: Halifax gets green for St. Paddy's Day



Darlene Fagan, left, and Ronan participate in Halifax's seventh annual St. Patrick's Day Parade on Saturday.

GEORDON OMAND/FOR METRO

Kiss me, I'm Irish.

Weekend parade draws big crowds having lots of fun

GEORDON OMAND

halifax@metronews.ca

Downtown Halifax was awash in shamrocks on Saturday as hundreds of green-clad spectators lined the streets to take in the city's seventh annual St. Patrick's Day Parade.

"It announces to the town that (the Irish) are still here and we like to have fun," said Blair Beed, who led the procession as the town crier.

"The town crier is a traditional thing for old Halifax," he added, ringing a brass bell to announce the parade's arrival.

"That's who gave the news. And the news today is the St. Patrick's parade — have fun."

Despite the overcast

Quoted

"People truly do believe and feel they are connected to the Celtic nations and Ireland, so seeing that manifest itself here today is quite something."

Parade organizer Roberta Dexter

weather, more than 30 groups walked, waved, drove and danced their way along the parade route, which began late in the morning at Holy Cross Cemetery and continued along South Park Street, Spring Garden Road and Brunswick Street before ending near St. Patrick's Parish.

The itinerary was new this year, a departure from the standard north end route, said event organizer Roberta Dexter.

"We wanted to gain a little more visibility in a more populated part of the city," she said.

For Dexter, the best part of the festivities were the costumes.

This year's parade entrants included the eclectically-attired sci-fi fantasy group Hal-Con, as well as dancing troops, Celtic community organizations and local brew pubs, among others.

"I think everybody coming out and truly celebrating — whether you're Irish or not — is quite incredible," said Dexter.

Irish-Canadian Niamh Bowes, age eight, watched the parade for the first time, alongside her parents and younger sister on South Park Street.

"It's really good," she said. "I especially like the dancing."

This year's presenting sponsor was the Charitable Irish Society, which celebrated its 228th anniversary this year.

"We just love to support everything Irish," said society president Sandy Phillips.

"Nobody realizes ... the Irish history here in Halifax, and I think this will draw attention to the Irish community."

Rally calls for end to Canada's commercial seal hunt

An anti-sealing organization continues to call for an end to the commercial seal hunt in Canada by organizing a rally Saturday afternoon in downtown Halifax.

About a half dozen activists gathered at the corner of South Park Street and Spring Garden Road to mark the International Day of Action for Seals.

The Atlantic Canadian Anti-Sealing Coalition — established in 2006 — organized the event.

"Today we're joining with animal advocates across Canada and around the world in protesting Canada's cruel and unsustainable commercial seal

Campaign

- Besides an end to the seal hunt, Bridget Curran said the coalition is campaigning for a licence buyback, which would see the government pay sealers to retire their licences.

hunt," said coalition president and co-founder Bridget Curran.

According to Curran, the commercial seal hunt — not to be confused with Inuit subsistence seal hunting, she empha-

sized — is not only inhumane and cruel, it is ecologically damaging and economically unsound.

"Without Canadian taxpayer subsidies this hunt could not survive," she said.

In late 2013 the World Trade Organization upheld a decision by the European Union to ban seal products on ethical grounds.

Canada filed an appeal on the decision in January 2014.

Supporters of the industry argue the practice is tightly regulated, minimizes inhumane treatment to the animals and often comprises a sig-

nificant portion of the average fisherman's income.

But Curran disagrees.

"The commercial seal hunt is a large-scale industrialized commercial slaughter of baby seals primarily for their skin," she said. "It is unacceptably inhumane."

And according to Curran, public opinion in Canada is shifting.

"We're seeing the tide turning," she said. "We're seeing more and more people opposing it ... more people brave enough to step forward and voice their opposition."

GEORDON OMAND/FOR METRO



Activists rally in Halifax to mark the International Day of Action for Seals on Saturday.

GEORDON OMAND/FOR METRO

Going down?

Tourism numbers down in N.S.

Nova Scotia's tourism figures dipped last year with about 1.8 million overnight visitors, down about three per cent from 2012. The province's tourism agency says December saw a significant decline because of poor weather.

THE CANADIAN PRESS

Burning restrictions

Wildfire-risk season underway

The showers of April and the flowers of May are both signs that spring is on the way.

But March is host to a lesser-known harbinger of warmer days: the start of wildfire-risk season.

As of Saturday, restrictions for domestic brush-

burning are once again in place.

Nova Scotians no longer need a permit to burn domestic brush but they will be required to check an online burning restrictions map to learn when they can burn a pile of brush.

The map will show green, yellow, or red in each county indicating when and where it is safe to burn brush, and will be updated daily at 2 p.m. METRO

Arrest made

Man found with drugs, bears spray

Police have arrested a man in Port Hawkesbury after seizing drugs and bear spray from what they described as a suspicious vehicle.

RCMP officers arrested the 18-year-old passenger but released the 17-year-old woman driving. METRO

Search is on

Warning issued following daytime burglaries

Police are looking for help from anyone with information about a series of daytime burglaries.

There have been reports of five break-ins between Sunnybrae Avenue and Glenforest Drive

in the past week.

Thieves entered the houses while residents were away by breaking through a rear door or window before making off with valuables.

METRO

On the web

For more local news go to metronews.ca.





Firefighters respond Thursday night to a possible radiation leak aboard a ship at the Fairview Container Terminal in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

Radiation scare at port all clear

Uranium hexafluoride.
No breach of cargo, no leaks, experts say

A Halifax container port was bustling Saturday after being shut down for more than a day when cylinders carrying radioactive material fell about six metres as they were being unloaded from a ship.

Calvin Whidden, senior vice-president for Cerescorp, said work at the Fairview Cove container terminal in the city's north end resumed at 8 a.m. Saturday after experts wrapped up their examination of the area and confirmed there was no leakage of granular uranium hexafluoride.

"(The experts) arrived at the terminal, went on board the vessel and determined that there was no breach of cargo, no leakage whatsoever and cleared us to go back to work because there was no contamination whatsoever," said Whidden on Saturday.

The city's fire department said emergency crews left the scene around midnight Saturday after the investigation was complete and a 150-metre evacuation zone was lifted.

Whidden said workers would unload two container ships that had been waiting since work stopped on Thursday night, when four steel cylinders encased in concrete, each weighing about 4.5 tonnes, fell from a pallet as they were being lifted off the ship and landed in

What was on board?

Urenco has said the cylinders came from its enrichment facility in the United Kingdom.

- Uranium hexafluoride is the chemical compound used in the gas centrifuge process to enrich uranium.

a contained area of the vessel.

Firefighters evacuated the immediate area as a safety precaution after the accident and the crew of the Atlantic Companion — which arrived in Halifax from Liverpool, England — were taken to a local hotel. THE CANADIAN PRESS

Man must pay \$55K for not declaring auto work

A Nova Scotia man has been ordered by the courts to pay more than \$55,000 in penalties after he tried to re-enter Canada without declaring repair work done on the 1967 antique vehicle he was travelling in.

Brian James Wheaton, of Enfield, drove across the border at St. Stephen, N.B., in September 2013. According to a Canadian Border Services release, the 50-year-old man told customs officers he had travelled to Maine to have work done

on the vehicle but ultimately changed his mind before returning home.

Further investigation by the border agency revealed the vehicle had been transported earlier to Maine, then to Chicago, for repair and service work totalling more than \$130,000.

Following Wheaton's arrest, the vehicle was exported back to the U.S. after it was determined it did not meet Transport Canada regulations.

Wheaton pleaded guilty in

By the numbers

\$17,834

The amount in taxes, according to the border agency's criminal investigation unit, that Brian Wheaton would have paid had he declared his purchases

St. Stephen Provincial Court on March 10. He was fined \$1,000 and ordered to pay \$54,954 in penalties.

GEORDON OMAND/FOR METRO



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Why would the government say no to that?

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Crumbling. Hundreds of bridges in Nova Scotia endure serious damage

Nova Scotia's bridges are corroding and crumbling to the point where 391 of those inspected were listed as having serious damage, including missing concrete, says a provincial database.

Chief highway engineer Bruce Fitzner says the problem has reached the point where the government might consider closing smaller crossings that aren't frequently used.

Using the freedom-of-information law, The Canadian Press obtained 3,021 inspection reports done on bridges in 2012, the last year where records are complete.

Analyzing the data from those reports shows 13 per cent of the bridges inspected were in poor or worse shape.

Bridges in poor condition were those that had advanced section loss, pieces of concrete falling off and structure that was worn away by water and sediment, the database says.

Those considered in ser-

Pervasive

The problems were detected in all sorts of bridges, from those in tiny, out-of-the way areas to busy overpasses in Halifax.

ious shape had various forms of erosion and crumbling that affected primary structural components.

"It has to be addressed at some point or infrastructure comes out of service," Fitzner said in an interview. "It's a huge challenge."

Just under half of the province's 4,310 bridges are more than 50 years old, Fitzner said.

He said the bridges remain safe, in part because when they are too deteriorated they are either closed or a new maximum weight is posted.

Fifty-three bridges are on a five-year replacement or repair list, he added.

THE CANADIAN PRESS

Cape Breton struggles against great exodus

Population plummets. Little variety and few job opportunities cited as reasons for leaving

CHRIS SHANNON
Cape Breton Post

Fifteen-year-old Taylor O'Brien says the lure of more opportunities in the West has her planning a move to Alberta after she completes Grade 9 at Bridgeport school in Glace Bay this June.

She says the plan is to move to Fox Creek, Alta., a town in the heart of that province's oil industry. Her father lives there and O'Brien says she wants to move in July, in time to get settled and begin high school there in the fall.

"I really thought it

through. I want to move," she says.

"I'm too used to being stuck around here. It gets old after a while ... seeing the same places. I see the Mayflower Mall like 10 times a week. I just want to explore."

Sydney resident Thérèse Begg, 32, along with her spouse, intend to leave Cape Breton in the next couple of years for either Ontario or British Columbia.

It's due to a lack of nightlife in the downtown and the small number of quality restaurants, she says.

"There's no variety of anything to do. Everybody goes to the hockey game, go to Tim Hortons and they go to the movies. And that's pretty much all there is to do," says Begg, who grew up in Sydney but lived in Halifax for 10 years before returning in 2010.

In an attempt to turn the

Night on the town

"Everybody goes to the hockey game, go to Tim Hortons and they go to the movies. And that's pretty much all there is to do."

Sydney resident Thérèse Begg

region's economy around, Cape Breton regional council's been battling to keep its youth in the Cape Breton Regional Municipality (CBRM).

People in the 20-to-39 age group are heading the exodus from Cape Breton, and keeping them is no easy feat.

The stories of O'Brien and Begg are examples of what the municipality is up against as the CBRM's population teters at 100,000.

Statistics Canada estimates there were 100,823 residents in the CBRM as of July 1, 2013.

CBRM's economic develop-

ment manager John Whalley says he's more concerned about the rate of decline, which isn't showing any signs of slowing down.

"It's actually accelerating," he says.

"Cape Breton Island, in terms of rate, saw the biggest decline of any region in the country, according to this (Statistics Canada) data, and CBRM, obviously, constitutes a big part of that."

Whalley says long-range projections from consulting firm Stantec estimate the CBRM's population in 2031 would be approximately 78,000.

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Cape Breton is on the verge of seeing its population dip below 100,000 people. CAPE BRETON POST FILE

Expert opinion

What's to be done?

Cape Breton University political scientist Tom Urbaniak says he believes the province has been "ambivalent" when forced to address the situation of the province's population decline, particularly in Cape Breton.

"I'm not quite sure anyone knows what to do next," Urbaniak says in an interview.

He says the recently released Ray Ivany report into the state of the Nova Scotia economy did not provide examples of how other struggling economies reinvented themselves under challenging circumstances.

Focusing development on a central urban core while embracing newcomers of all origins should be part of the way forward, Urbaniak says.

"(It's) creating that quality of place," he says.

"Having easy access to a multiplicity of amenities, both in terms of basic services but also in terms

of culture and the arts, recreation, entertainment and a high level of safety and good, mutual support networks and a vibrant non-profit sector. All of that is part of the mix."

And there are those who still want to be part of that mix. Many people who left the island in search of employment decades ago are now deciding as they reach their retirement years to move back home.

Sydney Mines native Mary Arlene Aitken is one of those people.

In her 50s, she bought property eight years ago with her husband in Georges River, outside North Sydney, with the intention of moving there permanently within the next two years.

Even after spending 35 years living in Hinton, Alta., she says she "can't stay away" from Cape Breton.

Doubts are creeping in, however, considering Nova Scotia's high rate of taxation and gasoline prices that can't compare to the relative bargain basement deal of \$1.139 in Hinton.

CHRIS SHANNON/CAPE BRETON POST



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Crimea votes overwhelmingly to leave Ukraine, join Russia

Over 95 per cent approve. U.S., Canada condemn referendum as illegal, while Kyiv derides it as a 'circus'

Fireworks exploded and Russian flags fluttered above jubilant crowds Sunday after residents in Crimea decided to secede from Ukraine and become part of Russia. The U.S. and Europe condemned the ballot as illegal and destabilizing and were expected to slap sanctions against Russia for it.

Ukraine's new government in Kyiv called the referendum a "circus" directed at gunpoint by Moscow — referring to the Russian troops now in the strategic Black Sea peninsula after seizing it two weeks ago.

But after the polls closed, crowds of ethnic Russians in the Crimean capital of Simferopol erupted with chants, overjoyed at the prospect of

once again becoming part of Russia.

The referendum offered voters the choice of seeking annexation or remaining in Ukraine with greater autonomy. After 50 per cent of the ballots were counted, Mikhail Malishev, head of the referendum committee, said more than 95 per cent of voters had approved splitting off and joining Russia.

Opponents of secession appeared to have stayed away Sunday, denouncing the vote as a cynical power play.

The Crimean parliament was to meet Monday to formally ask Moscow to be annexed and Crimean lawmakers will fly to Moscow later in the day for talks, Crimea's pro-Russia prime minister said on Twitter.

Ethnic Ukrainians interviewed said they refused to take part in the referendum, calling it an illegal charade stage-managed by Moscow. Some said they were scared of the potential for widespread harassment.

Canada denounced the referendum, saying it would lead to further isolation of Russia's Vladimir Putin.

"The so-called referendum held today was conducted with Crimea under illegal military occupation. Its results are a reflection of nothing more than Russian military control," Prime Minister Stephen Harper said in a statement.

"This 'referendum' is illegitimate, it has no legal effect, and we do not recognize its outcome," the prime minister said, adding Canada is working with other countries on the possibility of further sanctions.

"Any solution to this crisis must respect the territorial integrity, sovereignty and independence of Ukraine as well as the constitution of Ukraine. Mr. Putin's reckless and unilateral actions will lead only to Russia's further economic and political isolation from the international community."

THE ASSOCIATED PRESS, WITH FILES FROM THE CANADIAN PRESS



Pro-Russian people celebrate in Lenin Square in Simferopol, Ukraine, Sunday, after residents in Crimea voted overwhelmingly to secede from Ukraine and join Russia. VADIM GHIRDA/THE ASSOCIATED PRESS

Plane's disappearance may have been intentional

The final words from the missing Malaysian jetliner's cockpit gave no indication anything was wrong, even

though one of the plane's communications systems had already been disabled, officials said Sunday, adding to

suspicion that one or both of the pilots were involved in the disappearance.

Authorities also examined

a flight simulator confiscated from the home of one of the pilots and dug through the background of all 239 people on board, as well as the ground crew that serviced the plane.

The Malaysia Airlines Boeing 777 took off from Kuala Lumpur in the wee hours of March 8, headed to Beijing. On Saturday, the Malaysian

government announced findings that strongly suggested the plane was deliberately diverted and may have flown as far north as Central Asia or south into the reaches of the Indian Ocean.

Investigators have said someone on board the plane first disabled one of its communications systems — the Aircraft and Communications

Addressing and Reporting System (ACARS) — about 40 minutes after takeoff. Around 14 minutes later, the transponder that identifies the plane to commercial radar systems was also shut down. The fact that both systems went dark separately offered strong evidence the disappearance was deliberate.

THE ASSOCIATED PRESS

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Lake Louise, Alta. Father and son killed in avalanche while tobogganing

A Parks Canada spokesman says the avalanche risk was high in an area where a father and son were killed when snow rushed down the slope they had gone to toboggan in Lake Louise, Alta.

Banff National Park resource conservation manager Bill Hunt says RCMP requested the aid of Parks Canada Search and Rescue personnel to help look for the two on Saturday afternoon.

Hunt says a Parks Canada team found a partially buried

toboggan in the avalanche debris.

It helped searchers locate the victims at the base of Mount Fairview on the shore of Lake Louise.

Mounties say the man, 33, and his son, 11, were from Montreal and may have been buried for almost a week.

Const. Phil Caza said the pair were reported missing Friday, but the last anyone recalled seeing them was on Sunday, March 9, when they rented the toboggan.

THE CANADIAN PRESS

Spy outfit. Investigation of CSEC reveals ethics breaches, wrongdoing

An investigation at Canada's secretive eavesdropping agency has uncovered misuse of public assets and "serious breaches" of the spy outfit's values and ethics code.

The findings, prompted by confidential information from a whistleblower, led Communications Security Establishment Canada to revise policy, improve training and boost oversight.

However, CSEC will say little more about the episode, leading opposition MPs to accuse the spy agency of needless secrecy as it comes under intense scrutiny due to widely publicized leaks by former American



John Forster, chief of CSEC
THE CANADIAN PRESS FILE

intelligence contractor Edward Snowden. Ottawa-based CSEC monitors the foreign computer, satellite, radio and telephone traffic of people, countries, organizations and terrorist cells for information of intelligence interest to the federal government. THE CANADIAN PRESS



Michael Hornburg holds a photograph of his son Nate, who was the 71st Canadian soldier to die in Afghanistan, at his home in Calgary.

JEFF MCINTOSH/THE CANADIAN PRESS

Families of fallen reflect on losses

At what price? Despite the investment of blood and treasure, the Afghanistan being left behind is far from peaceful and secure

Was it all worth it?

It is a brutally awkward question, especially when posed in the context of Afghanistan.

There is no shortage of people opining about the now-concluded military mis-

sion that morphed into a costly, bloody humanitarian exercise.

But few of those voices truly count as much as the ones who've stayed largely silent through the tempest of this war: the families of the fallen, some of whom are speaking up for the first time in a series of interviews with The Canadian Press.

As the last 100 soldiers rush into the warmth of home this week, these people will still have empty places at the dining room table and cling to the mementoes of lives inexorably cut short.

And although the scale of casualties from Afghanistan pales in comparison to the unmitigated slaughter of the First and Second World Wars, they say the grief and sense of loss is no less sharp.

There were 158 Canadian soldiers, one diplomat, one journalist and two civilian contractors who died over the dozen years Canada's military spent in both Kandahar and Kabul.

"While I support human rights all over the world, in many ways I don't understand why our Canadian Armed Forces would be there

to stabilize Afghanistan," said Michael Hornburg of Calgary, who lost his son, 24-year-old Cpl. Nathan Hornburg.

"From what (Nathan) told us privately and said publicly, he wanted to go and provide a better way of life for women and girls," he said.

"He was always a very, very strong supporter in his life here in Calgary for the rights of women and girls, but I just don't know that was worth his life. You know? For a worthless ass piece of (the) Rigestan Desert." THE CANADIAN PRESS

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Nigeria. Muslims attack Christian settlers; more than 100 people killed

Officials say Fulani Muslim herders attacked three Christian villages and killed more than 100 civilians. Hundreds of thatched-roof huts were set ablaze.

Thousands have been killed in recent years in competition for land and water between mainly Muslim Fulani herders and Christian farmers across Nigeria's Middle Belt. More than 100 people were killed in similar attacks in neighbouring Katsina state last week.

Chenshyi village chief

Nuhu Moses said Sunday that gunmen killed more than 50 people including the pastor's wife and children.

He said the entire village was destroyed.

Local government acting chairman Daniel Anyip said about 100 people were killed in attacks on three villages Friday night. The Southern Kaduna Indigenous Progressive Forum blamed the government for failing to take action.

THE ASSOCIATED PRESS

Moonshine from China?

Russian villagers die after drinking bad booze

Investigators in Russia say at least 14 people in a village in the Far East have died of apparent methanol poisoning after drinking

counterfeit liquor.

Officials in Krasnokamensk region said Sunday they believe the alcohol may have been imported from China, around an hour's drive from the village. Investigators say a 49-year-old resident of the village has been detained, suspected of selling the liquor. THE ASSOCIATED PRESS

Egypt's crackdown brings most arrests in 20 years



Ousted Egyptian President Mohammed Morsi, centre, arrives for a trial hearing in Cairo in November 2013. EGYPT'S INTERIOR MINISTRY/THE ASSOCIATED PRESS

Systematic beatings. Flood of arrests has swamped prisons and courts; prisoners are held for months without charge

Egypt's crackdown on Islamists has jailed 16,000 people over the past eight months in the country's biggest round-

Election 'farce'

Former Egyptian presidential candidate close to the country's youth movements, Khaled Ali, said Sunday he would not take part in upcoming presidential elections, calling them a "farce" stacked in favour of Egypt's powerful military chief, Field Marshal Abdel-Fattah el-Sissi.

up in nearly two decades, according to previously unreleased figures from security officials. Rights activists say reports of abuses in prisons are mounting, with prisoners describing systematic beatings and miserable conditions for dozens packed into tiny cells.

The Egyptian government has not released official numbers for those arrested in the sweeps since the military ousted Islamist President Mohammed Morsi in July. But four senior officials — two from the Interior Ministry and two from the military — gave a count of 16,000, including about 3,000 top- or mid-level members of Morsi's Muslim Brotherhood.

The count, which is consistent with recent estimates by human rights groups, was based on a tally kept by the Interior Ministry. It includes hundreds of women and minors.

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metronews.ca
Monday, March 17, 2014

BUSINESS

11



Ahh! Maple syrup season tapping out?

Paul Boulanger tosses wood in to fire up the sap evaporator at the a sugar house in North Andover, Mass., last week. The season usually starts at the end of February, but temperatures have been too low for the sap to drip out. Many farms have yet to start tapping their trees.

ELISE AMENDOLA/THE ASSOCIATED PRESS

Put a fork in bitcoin



HOW TO ROLL
Alison Griffiths
metronews.ca

Is the bitcoin revolution just one more doomed universal currency idea? Judging by the recent spate of thefts, frauds and swindles connected to bitcoin exchanges, the answer seems to be yes.

If you got in at \$30 US three years ago and hung on past the 2013 \$1,250 US peak to today's price at around \$650 US, you've

still done nicely. Hint! Selling now might be a really, really good move.

Because transactions among private parties, merchants, as well as with bitcoin exchanges are unregulated, the statistics about "investment" in and spending of this cybercurrency is anyone's guess.

However, economic behavior study tells us that regular investors jump on hot trends too late and jump off long after the big boys and girls have pocketed their profits.

So, for all those who bought

into bitcoins late, is there still hope? There might be. Just last week two major players, Perseus Telecom and Atlas ATS, teamed up in an attempt to bring some sanity and regulation to the cybercurrency world.

Perseus connects stock markets and other security exchanges with big institutional investors' trading platforms. Year-old Atlas operates a digital currency exchange providing "two-factor authentication, cold storage of crypto currency, multi-tiered multi-firewall architecture."



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14

VOICES

metronews.ca
Monday, March 17, 2014

ANOTHER REPORT FOR THE PILE

Why is it that all those stats-stuffed, footnote-filled, soberly sincere public-policy backgrounder research reports published by inevitably “independent, non-partisan” yet somehow transparently ideological think-tanks and authored by multi-award-winning senior fellows and/or professors emeriti are so ... well, pedantically, ploddingly predictable?

Take, for example, *The Cost Disease Infects Public Education Across Canada*, the latest tome — complete with cover illustration of a diseased apple — from Halifax’s Atlantic Institute for Market Studies (“independent, non-partisan social and economic policy think-tank”) and the Manitoba-based Frontier Centre for Public Policy (“independent, non-profit organization that undertakes research in support of economic growth and social outcomes” and blah, blah, blah).



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

The study, written by Frontier senior fellow and professor emeritus Rodney Clifton, draws on the work of yet another professor emeritus — naturally — to make the simplistic argument that “the cost of consumer products has increased at the rate of the Consumer Price Index while the cost of education and health care have increased at an exponential rate.”

Uh ... is the report arguing students should be mass-produced by cheap labour in Chinese factories? Like computers, perhaps?

There follows a dizzy-making array of tables and charts designed to demonstrate (yawn) that education costs, including the salaries of more educators, have increased

while student numbers (“full-time students who are enrolled for two months of a school year are counted as 0.2 FTEs,” etc., etc.) have decreased.

Without pausing to pass Go or ask why this might be — we’re living in an increasingly complicated world, perhaps, where educators are required to deal with everything from mental-health issues, to cyberbullying, to students with disabilities — or even justify its logical leap, the report reaches its inevitable (to it) free-market-man-eat-dog-competition-is-the-answer-no-matter-the-question conclusion:

“Parent-controlled funding (vouchers) would increase competition among schools and improve the education of students.”

Huh?

As Jamie Stevens, the president of the Nova Scotia School Boards Association, understated in an email to Metro reporter Ruth Davenport, the report is a “very simplistic analysis” of a complex reality.

The problem with think-tanks like AIMS and the Frontier Centre is that they are less interested in thinking-based policy and more interested in ideology-driven thinking.

Sort of like our Stephen Harper government.

ZOOM

The Great Wall of Patagonia



FRANK THIEL/SEAN KELLY GALLERY

Towering glacier in all its majesty

The monumental beauty of Patagonia’s grandest glacier is portrayed in a series of photos by German artist Frank Thiel. Shooting from boats in choppy waters, Thiel has captured both the majesty and fragility of the Perito Moreno Glacier in southern Argentina. His work is now on display at the Sean Kelly Gallery in New York.

METRO WORLD NEWS

Q&A

‘Magical and fragile’



FRANK THIEL
Photographer, 47,
based in Berlin

What does your powerful photograph tell us?
It says that nature is the greatest artist alive. With my photo I want to show the glaciers’ physical forms and their endless variations

of blues, whites and greys in unknown detail. The picture celebrates a beauty that’s both magical and fragile.... Seeing a glacier calving into the water is beautiful. But it is a very contradictory kind of beauty that one cannot purely enjoy it because you know that the glacier is kind of dying. **This place looks surreal ...** But it is very real — ice up to tens of thousands of years old. But what is unnerving is knowing that it’s not part of our collective treasure trove

of human experience and is older than any living creature on our planet. **What was it like to work in such an environment?** Reliable weather forecasts do not exist out there so you’re in the middle of nature. The Andes creates extremely unpredictable micro-climates. And the glaciers almost function like gigantic wind tunnels as the air above the ice is colder and faster than elsewhere.

ANTHONY JOHNSTON/MWN

Clickbait



ANDREW FIFE
andrew.fife@metronews.ca

A lot of our favourite podcasts are still going strong in 2014, including one that has returned from an unwelcome (to us, anyway) break. Subscribe to these shows in iTunes for a steady supply of laughs and wisdom.

Stuff You Should Know:

Short, in-depth lessons on the history or mechanics of a staggering variety of topics. *The Spanish Inquisition?* Check. *Jack the Ripper? Why not?* Pet psychics? You bet. An endlessly fascinating array of anecdotes and info to keep you sounding smart at parties for months to come.

The Fogelnest Files:

Part comedy show, part permanent tangent into pop-culture history with very funny people you’ve probably never heard of. From lengthy treatises on punk music to a spotlight on the joke factories that make up “Weird Twitter,” Jake Fogelnest has his finger on many pulses.

Adjust Your Tracking:

An excellent ongoing discussion about film and TV, including trends, new releases and interviews with guests who love the stuff as much as the hosts do.



THE ASSOCIATED PRESS

Twitter



the former.

@metropicks asked: What do you think of dress codes in the workplace? Good or bad idea and why?

@alicyaperreault: If u are working for me u are representing my company & I would expect your attire to reflect professionalism. No yoga pants!

@starrydays17: what is more important, how I look, or what I accomplish? Dress codes emphasize

@Craig_F: I think they’re a great idea saves me so much time in figuring out it’s a company not worth doing business with

@sadie_simo: Necessary to look professional. Even if you’re miserable; dress for the job you want, not the job you have!

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Game of Thrones

Creators say they
can predict the
(unwritten) future

Game of Thrones creators David Benioff and Dan Weiss say they've consulted with George R. R. Martin — author of the series of novels on which the show is based — and have a pretty good idea of how the story will end, even though the final two books haven't been written yet. They're now convinced the TV series will only run for three or four more seasons.

THE CANADIAN PRESS

Rick Ross talks staying on top ... and staying alive

Mastermind. As his new album rules the charts, the rapper reveals how a 2013 drive-by shooting changed his take on life

Rick Ross still gets excited by No. 1 albums, but as he celebrates his fifth he takes satisfaction in different ways.

Ross marked the ascendance of Mastermind on Saturday night during South by Southwest, drawing one of the week's larger crowds in Austin during the annual music conference and festival.

"You know what, when this is what you centre everything around, you just want the best, not only for yourself, but for your team, everybody you build with," Ross said.

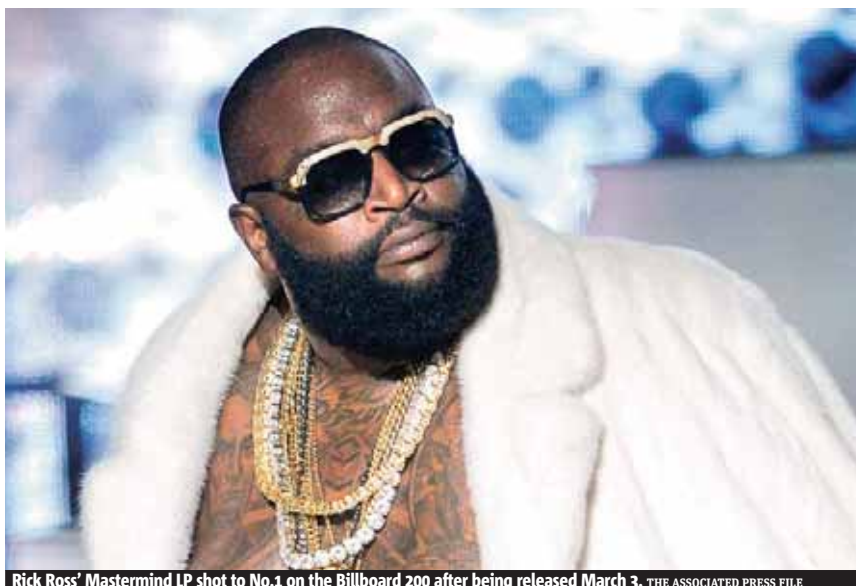
"I not only want a No. 1 for me but for all the new-time dudes who've never been on a No. 1 album."

It's been quite the run for Ross. Five of his six major-label albums started out atop the Billboard 200, moving him into rare company. The magazine says among rappers only Jay Z (13), Eminem (seven), Nas and Kanye West (six apiece) have had more and he's now tied with Tupac Shakur and DMX.

Ross attributes the run to remembering where he got his start.

"Regardless of the success I see, I still go back to my foundation ... that made me," he said as he stood shirtless in his dressing room tent following a performance at Fader Fort.

"Yesterday, after being out on promo for two months, I took a day out of my schedule



Rick Ross' Mastermind LP shot to No.1 on the Billboard 200 after being released March 3. THE ASSOCIATED PRESS FILE

Quoted

"Rule No. 1 in the handbook I studied is never let the game kill you."

Rick Ross
on facing violence in his life

to go to the smaller markets in South Carolina, the Columbia, you know the (places) that don't get attention. But those are the places where I remember making my first \$5,000 shows from, so I still go to those places."

The 38-year-old Miami rapper played new material for fans and showed his mind's been on mortality since he survived a January 2013 drive-by shooting in Fort Lauderdale. He told the crowd it was important to remember the rappers who have died too

early like Shakur, The Notorious B.I.G. and Pimp C before launching into Nobody, a song with the chilling French Montana vocal hook "you're nobody till somebody kills you."

The song is paired back to back on Mastermind with Shots Fired, a series of news clips recounting the attack.

"You know it's unfortunate, it's nothing to glorify," Ross said. "Where I come from in my city — I come from Carol City in Miami — they've renamed it the Miami

Gardens, you know, and they done dubbed it the Murder Gardens, and it's unfortunate. But those are conditions we were unfortunately seeing coming up. So me being in the position I am, that's what come with that. So Rule No. 1 in the handbook I studied is never let the game kill you."

Ross says the experience has caused him to look at life through a new filter. Not long after the near miss he put on Biggie Smalls' Ready to Die.

"I just listen to it in a different light," Ross said. "It's jacked up, but that's what come with this.... You're never indestructible, but what you do is if you have certain feelings you want to express, you express your feelings. I'll continue to do that till the day I die."

THE ASSOCIATED PRESS

2 SCENE



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Tyler, the Creator ALL PHOTOS GETTY IMAGES

Rapper pushes fans to be pushy, law enforcement pushes back

Call him Tyler, the Creator of safety hazards? The Odd Future rapper had a busy weekend, playing a sold-out show in Dallas just hours after being released from jail in connection with a misdemeanor charge of inciting a riot.

He was arrested at Austin-Bergstrom Airport on Saturday and released later that day after securing a \$25,000 US bond. Police say the 23-year-old Los Angeles resident

incited a large crowd of fans to push their way past venue employees controlling access to an unofficial South by Southwest day party that was already at full capacity.

Officers who were at the scene said in a warrant that Tyler yelled for fans to push their way inside twice, and that a bartender had to protect a woman from injury in the resulting push.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

The artist formerly known as Ke\$ha?



STARGAZING
Malene Arpe
scene@metronews.ca

After leaving rehab, Ke\$ha changes her Twitter name to Keshha. "Waste not, want not," says Kim Karda\$hian.

Prince William and Kate are facing criticism over leaving their infant son at home and flying away on vacation. Not complaining: everyone else on the plane.

Benedict Cumberbatch says that he is "so ready to play a really dumb



character." "You stay away from my work, you Brit you," says Adam Sandler.

Miley Cyrus missed a costume change during a concert and had to return to the stage in her underwear. "It was surprising and something we all noticed," said no one in the audience.



Angelina Jolie

Angelina Jolie plans on second surgery to prevent cancer

A year after she underwent a double mastectomy as a preventative measure against breast cancer, Angelina Jolie is set to go under the knife again, she reveals to Entertainment Weekly.

"There's still another surgery to have, which I haven't yet," she says. "I was very fortunate to have great

doctors and very, very fortunate to have a good recovery and have a project like Unbroken" — her second film as a director — "to be really focused on, to be getting healthy for, and to be able to just get right back to work."

Jolie is still at risk for ovarian cancer, which claimed the life of her mother.

9 nifty ways to save, plus a tip

Finding the money. Ideas from banking a raise to stashing your coins can grow your savings fast



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People often tell me they can't find the money to save. Really? Not even \$1 a week? I don't believe you. I think if you put your mind to it, if you really, really want to save, you can. Here are some tips:

1. Get started

I don't care if you use an envelope, a coffee can or an old jam jar. Pick an amount and stick it in your container every single week. Whether it's two dollars or ten, the trick is to do it religiously, never count it and don't spend it. EVER. Under no circumstances. You may have to hide it from everyone else so they aren't tempted to dip into your stash of cash.

2. Live on your pre-raise income

If you get a cost-of-living increase or a performance raise, pretend you didn't and save the extra money you're bringing home each pay.

3. Implement a fast-food tax

Like to hit the fast-food outlets or drive-through windows? Keep a container in



Latte go of a bad habit: Give up one caffeine hit a day and tuck the three bucks into your Good Habit jar instead. ISTOCK

your car and every time you pick up a coffee, grab a burger or hoe through a muffin, drop a buck in your bag. If you can find the money for the coffee, you can find the money to save too.

4. Reallocate

Just paid off a big bill like your car payment or credit card balance? Assuming you're out of the hole, add half the bill amount back into your budget and save the other half. You're already used to living without that money, so save some.

5. Put away your "savings"

This is one of the things that drives me crazy! People tell

me how much they saved on sales, using coupons, or just by being a smart shopper. When I say, "So where are those savings?" they look at me with a dazed expression. Then they laugh and shake their heads. Hey, it's nothing to laugh about. If you just saved \$6 at the grocery store by being a savvy shopper, take that \$6 and stick it in your savings container at home. If you don't, you'll just spend it somewhere else and then you won't have saved anything.

6. Reward yourself

If you have the discipline to use a credit card and then pay off your balance every month, use a card that gives you cash

back or a useful reward. Some credit cards earn grocery money. Some give you points you can use to cash in for rewards. Some give you cash back. Put those benefits to use to grow your savings.

7. Stash your coins

I know lots of people who use a change jar to save for a holiday. I don't consider this savings. Since you're going to spend the money, it's actually "planned spending." But if it's money you're not going to carry as a balance on your credit card, I'm all for it. If you don't have an emergency fund, saving your coins is a great way to get one started. And if you super-charge your

change jar by dropping in a fiver at the end of every week, you won't believe how fast that money grows.

8. Swap a bad habit for a good one

Love candy? Can't walk by the coffee shop without dropping \$3 for a caffeine boost? Smoke, drink pop or booze, or chew gum? Start giving up your bad habit slowly, and reward yourself with a good one as you do. Go from smoking 20 cigs a day to 15, and drop the 20¢ you didn't send up in smoke into your Good Habit jar. Walk past the coffee shop just once and you can add another \$3 to your Good Habit jar.

9. Cut your communications bill

Here is one area where people routinely overspend: telephone, cell phone, cable, Internet. Cut your bill by \$10 a month and now you have enough to start a savings plan. Cut it by \$30 and you're three times smarter.

Tip: Saving is only saving if you take the money and stash it away for the future. So the next time you save money by cutting your spending, using a coupon or negotiating a deal, take your savings and actually save it by putting it in a TFSA, RRSP, RESP or high interest savings account. If you can't see it, you didn't really save it.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

3 TIPS

METRO CUSTOM PUBLISHING

Tax Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

New homeowners: here's what to claim, but don't forget to repay RRSP amounts

Q

I just bought my first home. What can I claim?

A

I hope you are enjoying your new place. You should be able to claim the First Time Homebuyers Credit, which means about \$750 in tax savings. There is no particular slip but you must be able to prove to the CRA that you bought a house in 2013. This could be the bill from your lawyer or closing papers. Unlike our U.S. neighbours who can claim mortgage interest, the tax benefits for Canadian homeowners comes when you sell. Any profit you make on the sale of your home is tax free. But you have to wait for the payoff. There is no annual benefit you can claim.

Q

I borrowed money from my RRSP to buy my first home, but I forgot to make the first re-payment. Can I just double up my payment this year?

A

Congrats on your new place. Under the Home Buyers Plan, you start making re-payments in the second year after you borrow the funds. Unfortunately, you can't miss payments. If you didn't deposit money back into your RRSP to cover the repayment last year, the CRA considers the amount income and it is added to your tax return. Check your Notice of Assessment for your re-payment amount and make sure you don't miss it this year.

Visit hrblock.ca for a location near you

Money 101. Two couples, one year to make them richer

Sporting healthy financial gains

Wondering what it's going to take to make you wealthier? A combination of debt reduction, asset growth, frugal living and dedication to a savvy financial plan will do the trick. So far, this recipe has produced stellar results for the two couples I am offering financial advice to this year. Since January, Anne-Marie and Peter have improved their net worth by \$4,000, while Carolina and Jose have improved theirs by \$1,200. – Lesley-Anne Scorgie/For Metro



Small rewards for saving may include buying a new hockey stick. MIKE FLIPPO/SHUTTERSTOCK



Allocate money for small indulgences from time to time. WAVEBREAKMEDIA/SHUTTERSTOCK

Anne-Marie and Peter



LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter rocked their homework assignments this month. After meeting with a tax adviser, the couple made additional RRSP contributions of \$500 each before the March 3 RRSP deadline, which counts toward their 2013 taxes.

That RRSP money came from the debt repayment portion of their monthly budget. So, to get back on track with their debt repayment schedule, Anne-Marie and Peter will use a portion of their expected tax refund to pay off debt.

Saving for an emergency has also become top of mind for Anne-Marie and Peter. Though no one likes to think of a disaster, it's financially prudent to do so, especially when children are involved.

The couple plans to start building their emergency fund through regular monthly contributions to their tax-free savings account (TFSA). This translates into scaling down their debt repayment plan; rather than \$1,000 each month, they will pay \$800 on debt and put \$200 into their TFSA.

As part of their homework, Anne-Marie and Peter will come up with a plan for their expected tax return, with debt

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: \$110,000
- Life stage: Expecting their first child in June 2014
- Financial savvy: Medium — they use budgets to help guide spending, have

some retirement savings, and are committed to paying off debt

- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Open tax-free savings account, make an extra RRSP contribution before March 3, and meet with a professional tax adviser

repayment being their highest priority, followed by building their emergency fund, and saving a portion for small rewards for themselves (a hockey stick for Peter and a dinner out with her gal pals for Anne-Marie).

When I meet with Anne-Marie and Peter in Toronto this week, I will be examining Anne-Marie's pension statements, their RRSP investments, and offering guidance about what questions to ask their investment adviser to ensure they are invested in the right assets.

We will also be reviewing three ways that Anne-Marie and Peter could save for a down payment for a home.

The first way is not to save

at all and instead ask for a gift or loan from a family member. Second is to use the RRSP Home Buyers' Plan (where you borrow money from your RRSP). Third is to save the old-fashioned way through automatic monthly contributions to a low-risk savings vehicle like a money market mutual fund, high-interest savings account or GIC.

Anne-Marie and Peter's net worth is currently \$70,000.

Homework

Anne-Marie and Peter will begin building an emergency fund through a TFSA, and develop a plan for their expected refund.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

It has been an incredible month for Carolina and Jose, both financially and emotionally.

The couple stuck to their homework and main goal of paying off the remaining \$500 of Jose's student loan. They did this by selling some of their furniture and electronics online. Carolina and Jose found it liberating to pay off the loan, and it further motivated them to become debt-free as quickly as possible.

You will recall that Carolina and Jose established their first budget one month ago and, so far, they have been successful in sticking to it. They are filing receipts in an accordion folder, reconciling those against their budget, and including a "where's our budget at" conversation in their weekly chores.

Emotionally, Carolina has found it much easier to shed her "mommy guilt," knowing that money has been allocated in their budget for her to use towards some small indulgences from time to time. She has even enrolled in a free weekly yoga class.

Jose is exploring higher paying job opportunities, and is also turning his photography hobby into extra income. The couple also sat down with a professional financial adviser to ensure they are taking advantage of all available tax benefits.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: \$55,000
- Life stage: Three daughters aged five, two and eight months
- Financial savvy: Medium to low — they recently

established a budget, are frugal spenders, have no retirement savings, and are committed to paying off debt

- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Pay off Jose's student loan. Start saving through an RRSP and TFSA. Deal with "mommy guilt." Meet with a tax adviser

Even more exciting is they rustled up the courage to ask Jose's parents to give them a down payment so they can buy their first home. His parents said yes, and it appears Carolina and Jose's dream is becoming reality.

Over the next two months, Carolina and Jose will be meeting with Mike, my mortgage broker. He will lead them through the pre-approval process and the nitty-gritty financial details of owning a home.

Luckily, Carolina and Jose will be benefiting from historically low interest rates, meaning more of their mortgage payment will go towards the principal balance of the mortgage rather than the interest.

They will also be working with my trusted realtor and longtime friend, Carmelle. She will help Jose and Carolina figure out what kind of home, and what neighbourhood, they will be able to afford.

Carolina and Jose's net worth is currently \$31,300.

Homework

Carolina and Jose will develop a plan for their expected tax refund and also determine the value of home they can afford and begin shopping.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF RICH BY THIRTY, AND RICH BY FORTY. HER NEWEST BOOK, WELL-HEELLED, HITS SHELVES IN APRIL.

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Rolling up the sleeves of workplace attire

Strictly business or not. Self-expression gains ground but some traditions still rule

DAVID SINGH
life@metronews.ca

Professional hockey players are known for arriving at arenas looking dapper in their suits. But during the recent Olympics, broadcaster Don Cherry noted that players on Team USA were showing up in track jackets and sweat pants.

Like it or not, that's just a small example proving that the times are changing when it comes to traditional dress codes. So we decided to take a closer look at the thinking that goes into employers' policies on workplace attire.

The loose code

Sid Lee, a communications advertising agency in Toronto, takes pride in their "very casual" dress code. Whether it's jeans, plaid, baseball caps, or fresh sneakers, the company

doesn't mind. Even tattoos are game.

"It's funny because it's actually odd in our business now not to see a few people brandishing tattoos openly," said Dustin Rideout, VP of strategy at Sid Lee. "I think it would be weird if we didn't see that."

Rideout says the company, which works closely with brands, looks at its employees as a cast of characters that make the company unique. And in their case, being unique is the goal.

"In our business, brands are always looking for ways to be unique or stand out, because there's just so much noise out there," he said. "Having people walk that talk, in their everyday life at Sid Lee, rather than something they just pay lip service to, is important in living that value."

But it's not like employees are just showing up in their pajamas. Rideout says there's an unspoken understanding that people need to dress to certain occasions or client situations, and the staff hired are "professional enough" to know the difference.

Cramp someone's style

"I think either no one would show up or people would show up naked in protest."

Dustin Rideout, on what would happen if his workplace introduced a strict dress code.

The traditional code

The Bank of Montreal relies on a different dress code. Ralph Marranca, director of media relations at BMO, prefers to call it "guidelines" that apply across the company's enterprise.

He says this typically includes suits, dress slacks and dress shirts for men and pant suits, dresses, skirts, blouses, sweaters or jackets for women.

"We're a customer-focused organization," Marranca said. "The underlying principle is that we must maintain professional standards and present a professional image to our customers at all times."

He says employees are

asked to use their common sense and apply the rule, "If you have to ask yourself if it's acceptable, then it probably isn't."

However, Marranca notes that BMO is open to its own kind of flexibility. In addition to casual Fridays, he uses the example of colourful bow ties instead of traditional neckties. Pocket squares are also increasingly common.

"We want to give employees some flexibility," he said. "Your clothing is sometimes an expression of yourself. How people dress expresses their personality. I think we are mindful of that."

But the bottom line Marranca stresses is that the company needs to maintain its guidelines simply because of its industry.

"I think we do have to be mindful that there are certain expectations from our customers, (who have) an expectation of what is professional," he said.

After all, you probably wouldn't want your finances handled by someone wearing a baseball cap. Or would you?



Even tattoos are game in some offices with casual dress codes. ISTOCK

Smarten up with this bow-tie pasta and pesto



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FLASH FOOD



From your fridge
to your table in
30 minutes or less

This is a wonderful and nutritious one-dish meal. You have your grains, vegetables and

protein. I recommend using whole wheat pasta to boost your fibre and nutrients. You can always substitute the pasta for penne or rigatoni. The red bell pepper pesto is a real change from regular basil pesto. You can multiply the recipe and freeze for later use.

This is a very versatile dish that can use other proteins such as beef, seafood or tofu. Toast the pine nuts by placing in a hot skillet over medium-high heat and cooking for two minutes or until lightly

Ingredients

- 8 oz boneless skinless chicken breast

Pesto

- 1 large red bell pepper, roasted, cut into quarters **
- 1 garlic clove
- 1/3 cup toasted pine nuts
- 1/3 cup chopped sundried tomatoes
- 1/2 cup fresh basil
- 1/4 cup fresh mint
- 1/3 cup grated Parmesan cheese
- 1/4 cup (60 mL) olive oil
- 1/4 cup (60 mL) low-sodium chicken stock
- Pinch of salt and pepper

Pasta

- 8 oz bow tie whole wheat pasta
- 1/2 cup chopped basil
- 1/2 cup sliced red bell peppers

COOKING
TIME
20 MINUTES



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

browned. You can make up a batch and freeze for later use.

Pine nuts have one of the highest amounts of protein of any nuts as well as a notable amount of fibre.

Directions

1. Grill or sauté the chicken breast just until cooked or temperature reaches 165 F,

about 4 minutes per side. Let cool, then slice thinly.

2. To make the pesto: Place the peppers, garlic, half the pine nuts, sundried tomatoes, basil, mint, half the Parmesan, oil, stock and salt and pepper in a food processor and purée until smooth. If it is too thick,

add some more stock.

3. Meanwhile cook pasta just until al dente about 8 minutes.

4. Add the chicken and pesto to the pasta and garnish with the remaining pine nuts and Parmesan cheese, basil and bell pepper.

** To roast a red pepper, cut into quarters, remove the seeds and bake at 425 F for about 20 minutes, turning halfway. Remove the skin and slice. You can also buy roasted bell peppers in the supermarket packed in water.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

6 Bastille Pompeii

5 Katy Perry ft Juicy J Dark Horse

4 Pharrell Williams Happy

3 Kid Ink Show Me

2 Jason Derulo Talk Dirty

1 Beyoncé ft Jay Z Drunk In Love

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QMJHL

Stage is set: Mooseheads to face Islanders in first round of playoffs

The Halifax Mooseheads will meet the Charlottetown Islanders in the first round of the playoffs that get underway on Friday.

With back-to-back home wins over the weekend versus the Saint John Sea Dogs and Cape Breton Screaming Eagles, the Mooseheads finished the regular season winners of 13th-straight game while securing second place in league standings.

A day after blasting Saint John 7-2, the Mooseheads rallied from a two-goal third period deficit to beat the Screaming Eagles 8-6 in their regular-

season finale.

Jonathan Drouin was on fire, picking up a goal and six helpers. Philippe Gadoury had a hat trick, while Nikolaj Ehlers and Darcy Ashley collected a goal and a pair of assists. Danny Moynihan and Andrew Ryan rounded out the scoring for the Herd, while Matthew Nosella, Kyle Farrell, Raphael Coriveau, Charles-Eric Legare, Guillaume Gauthier and Julien Pelletier responded for Cape Breton.

The Mooseheads hold an 8-1 regular season record against Charlottetown.

ANDREW RANKIN/METRO

Huskies' season ends in bitter defeat

CIS women's basketball championship.

Saint Mary's undefeated run comes to an end at the hands of No. 1-ranked Windsor



ANDREW RANKIN

andrew.rankin@metronews.ca

It wasn't supposed to end like this.

Not after an undefeated season in which the Saint Mary's Huskies bulldozed their way to Sunday's CIS women's final in Windsor.

But on this night, they met their match. It wasn't even close, and the No. 1-ranked Windsor Lancers beat up on the No. 2-ranked team in the country in a crushing 71-45 victory, for their fourth straight national title.

"It's painful, for sure," said head coach Scott Munro. "But all the credit today goes to Windsor. They're a very good basketball team that knows how to win. They are not four-time champs for no reason."

"Playing in their barn was a tough test. We struggled to rebound the basketball, which didn't give us a good transition game. Windsor was the best team today, no question."

In the end, the Huskies couldn't handle a bigger, stronger team that out-rebounded the Huskies 60-25.

Led by Jessica Clemencon's 19 points, the Lancers took control early, grabbing a 17-9 lead entering the second quarter, and from there they didn't



Justine Colley of Saint Mary's University drives to the basket against the University of Windsor's Kristine LaLonde during the CIS women's national basketball championship game on Sunday in Windsor. DAVE CHIDLEY/THE CANADIAN PRESS

Quoted

"We gave it everything we had. It just wasn't good enough." Huskies head coach Scott Munro

look back.

Back-to-back CIS player of the year Justine Colley led the Huskies with 20 points and was the only player on her squad to reach double digits in scoring.

Coming off a remarkable 38-point performance in the Huskies' semifinal win against the Saskatchewan Huskies on Saturday, Colley couldn't carry her team to victory this time.

After a brilliant five-year run with the Huskies, the East Preston native will walk away from her varsity career as the CIS' all-time leading scorer.

It came as bitter disappointment that Munro couldn't see Colley end her fine career with a national title.

"Losing is never fun. To get this close to a national championship and not be able to cash it in is difficult to take."

We would have loved to get it done for Justine. But that's sport."

But what a remarkable season it was. Boasting a record of 33-1, the Huskies clawed their way to the club's first-ever CIS final appearance.

In his disappointment, Munro tried to accentuate the positives.

"We lost the wrong game. It's a heck of a season to have a run like we did. It's not something that we're going to be happy about today, but as time goes on, we'll reflect and realize it was a season for the ages."

Rainmen overcome slow start to top Storm



Tim Parham of the Halifax Rainmen guards Steve Tchiengang of the Island Storm during the second game in their NBL series at the Eastlink Centre in Charlottetown on Sunday. BRIAN MCINNIS/CHARLOTTETOWN GUARDIAN

The Halifax Rainmen took home-court advantage from the Island Storm with a 104-93 victory Sunday in Charlottetown.

The best-of-seven National Basketball League of Canada semifinal is now tied 1-1 heading to Halifax for Thursday's third game.

Rainmen forward Jason Williams said Sunday was a big victory after not being able to close out Game 1 with a lead late in the fourth quarter.

The Storm took a 28-24 lead into the second quarter, but

the Rainmen responded, outscoring the Storm by 10 to take a 49-43 lead to halftime.

"We were just getting our feet wet," Williams said. "Then we found our rhythm."

Rainmen coach Craig Hodges said some turnovers and missed free throws prevented them from pulling away from the Storm.

"But there's no pictures on the scorecards like golf, so it's an ugly win, but a win just the same," he said.

Williams led the Rainmen with 35 points.

"As he goes, we go," Hodges said of his veteran. "Right now, he's playing at a high level."

Salerno said the Storm can't let him score that many points.

"It was like we were letting him get whatever he wanted tonight," he said.

Hodges said the Rainmen received a boost from a loud contingent of Halifax fans sitting behind the team's bench.

"That's our sixth man," he said. "We have great fans and great fan support."

ANDREW RANKIN/METRO

4 SPORTS

Basketball

March Madness bracket unveiled

The surprises start at the top of the NCAA tournament bracket: Virginia is a No. 1 seed.

Oh, some things went to form. Florida earned the top overall seed as expected and will be joined on the '1' line by Wichita State and Arizona. But there were head-scratchers nearly everywhere else.

Last year's national champion, Louisville, was seeded fourth in the Midwest despite playing well enough to be considered a No. 1 by many. And speaking of the Midwest — Wichita State and Michigan are there as well, making it three of last year's Final Four participants all vying for one spot this year.

The tournament begins Tuesday with a pair of First Four games, and things get going in earnest Thursday when 32 of the 64 teams in the main draw take to the floor. The Final Four is set for April 5 and 7 in Arlington, Texas.

THE ASSOCIATED PRESS



A Lack of enthusiasm

Canucks goaltender Eddie Lack celebrates Vancouver's 4-3 shootout win over the Panthers in Sunrise, Fla. on Sunday. Lack stopped all three of Florida's attempts in the shootout to seal the victory for Vancouver. JOEL AUERBACH/GETTY IMAGES

A symphony on skis for Canada

Paralympic Games. McKeever, Klebl strike cross-country gold for Canada on final day

Brian McKeever and Chris Klebl made sure Canada finished the Sochi Paralympic Winter Games on a high note.

The cross-country skiers both won their races on Sunday, with McKeever taking the men's visually impaired 10-kilometre event before Klebl surprised the field with a stunning victory in the men's 10-kilometre sitting category.

McKeever picked up his third gold medal — and the 10th of his career — at these Games, while Klebl won his first-ever Paralympic medal.

The victories pushed Canada's overall medal count to 16, three shy of the 19 won at the Vancouver Games four years ago.

More importantly, they moved Canada to third in the gold-medal standings, a stated goal that team officials set prior to the Paralympics.

Russia topped the standings with an eye-popping 80 medals — including 30 gold — while Ukraine was second



Canada's Brian McKeever at Sunday's medal ceremony in Sochi, Russia. MARK KOLBE/GETTY IMAGES

with 25 total medals. Germany was second behind Russia in the gold-medal count with nine.

McKeever finished Sunday's race in a time of 23 minutes 18.1 seconds, just 8.1 seconds ahead of Russia's Stanislav Chokhlaev.

He employed the same strategy with his guides that helped him win the 20-kilometre gold medal last week. With windy conditions starting to wear on guide Erik Carleton, Graham Nishikawa entered the race with about three kilometres to go to help

seal the 10th gold medal of McKeever's storied career.

"It was all on the guides today. They did such a great job with all the headwind," said McKeever.

"There was so much wind out there today that just to be tucked in, I saved a lot of energy. By the time we got to the last lap there was still a little bit of gas left, just enough to get by."

The 42-year-old Klebl won in a time of 30 minutes 52.0 seconds. Ukraine's Maksym Yarovyi finished second at 31:06.5 and Russia's Grigory Murugin skied to the bronze at 31:18.2.

"It feels pretty good for sure," said Klebl. "I have exceptional skis for wet, sloppy conditions and today we got exactly those conditions."

A three-time Paralympian, Klebl moved to Canmore, Alta. to join the Canadian team from the United States following the Vancouver 2010 Games.

Also Sunday, para-alpine sit-skier Josh Dueck was chosen as Canada's flag-bearer for the closing ceremony. The native of Kimberley, B.C., won gold in the super combined and silver in the downhill in Sochi. THE CANADIAN PRESS

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Kal Tire welcomes your interest in the Automotive Technician opportunity. Please submit your resume to careers@kaltire.com indicating Automotive Technician and Northern BC or Grande Prairie in the subject line. We thank all applicants for their interest; only those under consideration will be contacted.

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Horoscopes

Aries

March 21 - April 20

The more you dwell on a matter that troubles you the more you will worry about it, so pull your mind away from the issue and focus on what makes you feel good.

Taurus

April 21 - May 21

Your mind may be bubbling with great ideas but what are they worth if you don't do anything with them? If you want to get serious it will take more than just ideas – it will take commitment.

Gemini

May 22 - June 21

If you get the chance to move up on the work front you must take it. Don't worry that you are not qualified for the job because enthusiasm is more important than experience – and that's something you'll gain as you go along.

Cancer

June 22 - July 23

There is a reason for everything that happens in life and that fact won't change just because you can't work out what it might be. Your task today is to trust in yourself.

Leo

July 24 - Aug. 23

Everyone makes mistakes, so don't beat yourself up just because you got something wrong. The important thing is that you recognize where you made an error and resolve not to make it again.

Virgo

Aug. 24 - Sept. 23

You won't see eye-to-eye with someone today but that doesn't matter – in fact it's good. The world would be a boring place if everyone got along all the time.

Libra

Sept. 24 - Oct. 23

You will change your mind about something today that you seemed so sure about yesterday. Not everyone will be happy about it but that's not your concern.

Scorpio

Oct. 24 - Nov. 22

You may be fixed in your opinions but you are not the only one with strong beliefs. Disagreements are likely this week but that's okay. New ideas may create tension but tension itself can be creative.

Sagittarius

Nov. 23 - Dec. 21

Mercury, planet of communication, moves into the domestic area of your chart today, so an exchange of ideas, and feelings, with partners and loved ones will be of benefit to you all.

Capricorn

Dec. 22 - Jan. 20

A social event could lead to a new career opportunity. Knowledge and experience are always important but if it comes down to a tie-break between you and a rival it's who you know that will count.

Aquarius

Jan. 21 - Feb. 19

Don't let anyone pressure you into doing something you're uneasy about. That applies to all areas of your life but especially to money matters.

Pisces

Feb. 20 - March 20

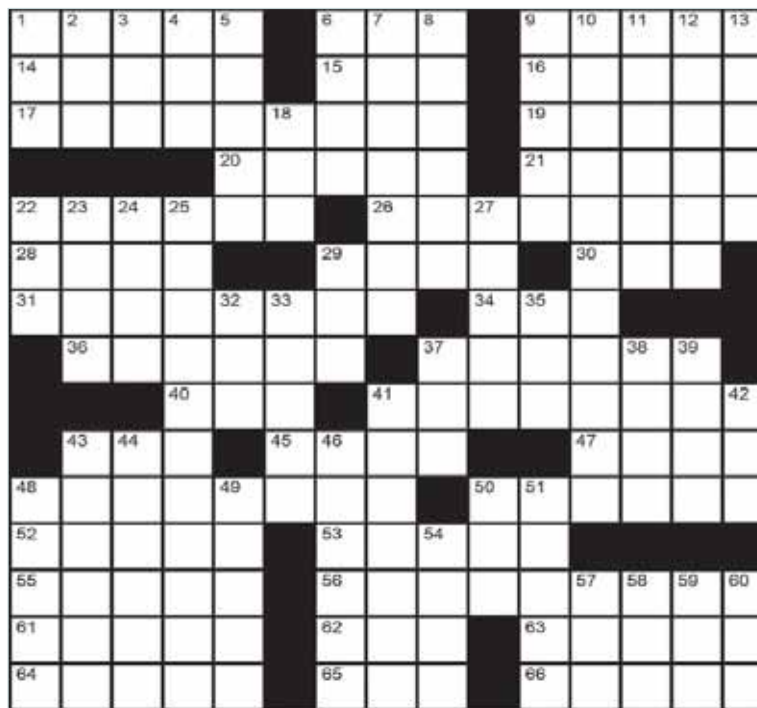
Now is the time to be ruthlessly honest. If you have things to say you must let everyone know what is on your mind. If you don't speak up now you'll be sorry about it later on.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. March 17th's star, St. ___
6. Sci-Fi beings
9. ___ Boson, 'The God Particle'
14. Overhead
15. "The Simpsons" bartender
16. Informed
17. George Bernard Shaw play
19. Energize
20. Curls
21. Hightails it
22. Viewing
26. Dublin band that performed "All I Want" on "American Idol" recently
28. House's locale, briefly
29. Wax: French
30. Ontario's Erie, et al.
31. Rabbit-in-a-hat routine: 2 wds.
34. Modern
36. Van Morrison song covered by Colin James: "Into the ___"
37. Ms. McCartney
40. Fooled
41. Community in Manitoba southwest of Winnipeg
43. John Fogerty's gr.
45. Writer Ms. LeShan's
47. ___dokie
48. 1983 U2 album: 'Under a ___ Sky'
50. Too: 2 wds.



52. Metamorphosis-izer
53. Fashion designer, Geoffrey ___ (b.1924 - d.2004)
55. Liv Tyler's role in 'Lord of the Rings' movies
56. W.B. Yeats poem, Sailing to ___

61. Avoid, as an issue
62. 'Speed' suffix
63. Backs
64. Keyed up
65. That, in Spanish
66. Sequence of wins in sports

Down

1. Tabloid's photos-

2. 'Lull' ending
3. Chien: English
4. Pet doc's deg.
5. Pine
6. Actor Mr. Jannings
7. Wrench spot: 2 wds.
8. Security system device

9. ___ dozen (Bakery order)
10. Early U2 song: 3 wds.
11. ___ one's all (Really tried)
12. Shades of Sham-rocks
13. Feel
18. Register

22. "I Am ___" (2001)
23. Cheese type
24. Irritable
25. "The Unicorn" by Canadian folk group The ___
27. Al ___, as per pasta
29. Nero's 300
32. Windy City bus and train org.
33. Someone supportive
35. Poet's 'always'
37. 2008 VP candidate ...her initials-sharers
38. Do a thumbs up thing on Facebook
39. Blue dye
41. "___", crooked crosses, in God's country." - U2, "In God's Country"
42. Hairstyling product
43. Bobby ___ (Hockey Hall of Famer born in Flin Flon, MB)
44. Animal Planet host Jeff
46. Singer/actress Ms. Reynolds
48. Super fun time
49. The Divine Comedy writer
50. Actress Ms. Ortiz
51. Propels
54. Mr. Pound of poetry
57. Haul
58. Dublin, ___
59. "What's the ___?"
60. Chart

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



-6°/-12°
Variable

Tuesday



-2°/-8°
Sunny

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AUTO, A/C, POWER GROUP, 4DR, SUNROOF

~~\$27,649~~ FROM **\$17,999***

\$0 DOWN

SAVE **\$9,650**

**3
LEFT** **\$109*** BW

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2013 HYUNDAI ELANTRA GT AUTO, A/C, POWER GROUP

~~\$21,894~~ FROM **\$15,990***

\$0 DOWN

SAVE **\$5,904**

**2
LEFT** **\$91*** BW



2013 HYUNDAI ACCENT GL 5 DOOR AUTO, A/C, POWER GROUP

~~\$18,649~~ FROM **\$14,990***

\$0 DOWN

SAVE **\$3,659**

**5
LEFT** **\$86*** BW



2013 HYUNDAI ACCENT GL 4 DOOR AUTO, A/C, POWER GROUP

~~\$18,244~~ FROM **\$13,990***

\$0 DOWN

SAVE **\$4,254**

**2
LEFT** **\$79*** BW



2013 HYUNDAI SANTA FE SPORT PREMIUM, AWD AUTO, A/C, POWER GROUP, 4WD

~~\$32,059~~ FROM **\$25,990***

\$0 DOWN

SAVE **\$6,069**

**3
LEFT** **\$148*** BW

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